

SPSL Division Schools
Frontier
Cedarcrest
Liberty
Bethel
Spanaway
Cougar Mt.

SPSL MIDDLE SCHOOL - CROSS COUNTRY SCHEDULE

First Day of Practice: March 23, 2026

Minimum Practices Required: 7

Game Starting Time: 3:30 pm

Commissioner: Denise Angerman / Lauri Jindra Spanaway Middle School

VARSITY & JV SCHEDULE

1 <u>Wednesday, April 15, 2026</u>			2 <u>Wednesday, April 22, 2026</u>			3 <u>Wednesday, April 29, 2026</u>		
Frontier	@	Cedarcrest	Cedarcrest	@	Spanaway	Frontier	@	Spanaway
Spanaway	@	Cougar Mt	Bethel	@	Frontier	Bethel	@	Cougar Mt
Liberty	@	Bethel	Liberty	@	Cougar Mt	Liberty	@	Cedarcrest
LOCATION: Bethel Learning Center			LOCATION: Frontier Park			LOCATION: Bethel Learning Center		
4 <u>Wednesday, May 6, 2026</u>			5 <u>Wednesday, May 13, 2026</u>			6 <u>Wednesday, May 20, 2026</u>		
Cedarcrest	@	Bethel	Frontier	@	Liberty	League Meet		
Spanaway	@	Liberty	Cedarcrest	@	Cougar Mt	LOCATION: Frontier Park		
Cougar Mt	@	Frontier	Bethel	@	Spanaway			
LOCATION: Frontier Park			LOCATION: Bethel Learning Center					